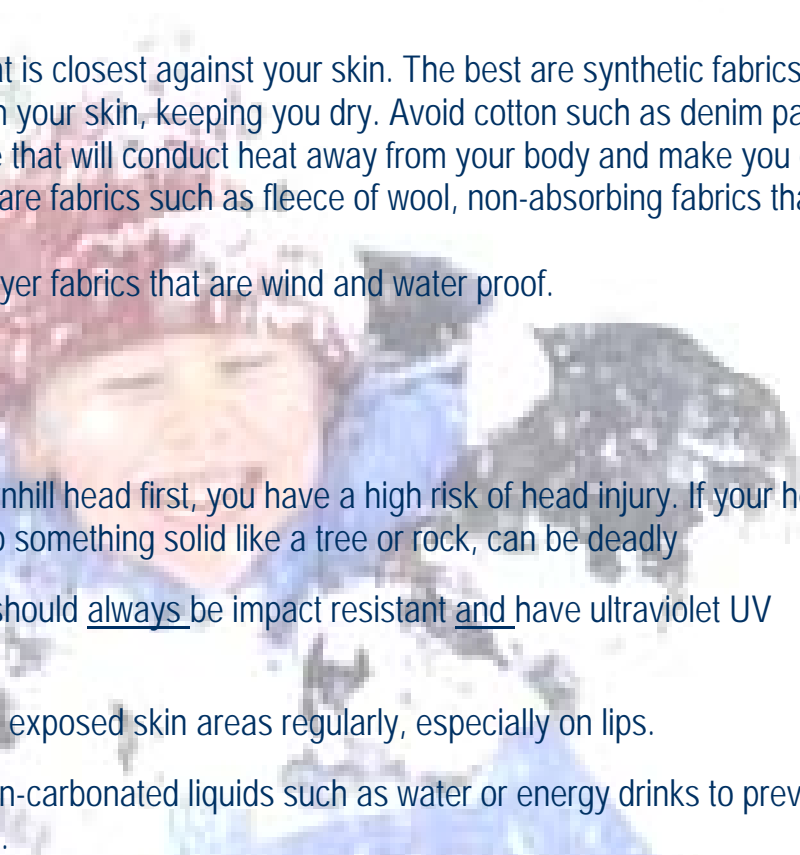


Snow Play & Sledding Safety

Clothing & Equipment

- 
- * Proper Clothing Layers:
 - o First Layer is the layer that is closest against your skin. The best are synthetic fabrics that “wick” moisture away from your skin, keeping you dry. Avoid cotton such as denim pants, as cotton retains moisture that will conduct heat away from your body and make you cold.
 - o Second Layer of clothing are fabrics such as fleece or wool, non-absorbing fabrics that keep you warm.
 - o Third Layer is the outer layer fabrics that are wind and water proof.
 - * Gloves (preferably waterproof)
 - * Boots (preferably waterproof)
 - * Helmet: When riding a sled downhill head first, you have a high risk of head injury. If your head is not protected and you crash into something solid like a tree or rock, can be deadly
 - * Goggles & Sunglasses: These should always be impact resistant and have ultraviolet UV protection
 - * Sunscreen: Apply sunscreen on exposed skin areas regularly, especially on lips.
 - * Drink Plenty of non-alcoholic non-carbonated liquids such as water or energy drinks to prevent dehydration in higher elevations.

Sleds/Toboggan & Snow Disks

- * Children age 5 to 9 are the most susceptible to sledding injuries; parents of young children should not let them sled alone
- * Make sure the sledding path does not cross traffic & is free of hazards~trees, fences, rocks, wire, bare spots
- * Check to see that the incline is not too steep or icy and that there is a level run-off at the end so that the sled can come to a halt safely. Teach older children to check for hazards
- * Do not sled on or around frozen lakes, streams or ponds. The best place to toboggan is a sledding hill in a park
- * NEVER hitch sledding equipment behind a moving vehicle. The results can be deadly
- * Snow disks and plastic sliders are designed to be used while sitting in an upright position
- * No one should ever ride while standing up

Safe Driving in Snow & Mountains

Before Driving to the Mountains:

- Make sure your car brakes, windshield wipers, defroster, and heater are in excellent condition.
- Check car antifreeze. Add special solvent to your windshield washer reservoir to prevent freezing.
- Check your tires. Make sure they are properly inflated and the tread is in good condition.
- Always carry chains. Make sure they are the right size for your tires and in good condition. Keep a flashlight, flares, and chain repair links in car. Chains must be installed on the drive wheels. Make sure you know if your vehicle is front or rear wheel drive-if not sure, check your car's owner's manual.
- Other suggested items to carry in your car are an ice scraper or commercial de-icer, a broom for brushing snow off your car, a shovel to free you car if it is "snowed in", sand or burlap for traction if your wheels should become mired in snow and an old towel to clean your hands.
- Bring water, food, warm blankets and extra clothing-in case you are stopped in the snow for a long time.
- Check road conditions before leaving by calling the **Caltrans Highway Information Network (CHIN) phone number [800-427-7623]** for updated road conditions. If you have a cell phone, preload this number so you can call for updates. If it does not work in the mountains, use an emergency Call Box.
- Put an extra car key in your pocket so you do not get locked out of your car during chain installation.



Driving Tips:

- Allow time. Mountain trips take longer during winter than other times of the year, especially during snow or icy conditions.
- Keep gas tank full. Your car uses more gas driving uphill.
- Keep windshield and windows clear. You can stop at a safe turnout to use a snow brush or scraper. Use the car defroster and clean cloth to keep the windows free of fog.
- Slow down. Posted speed limits are safe in dry weather, but NOT in snow and ice-stopping distances are longer. Wear seat belt and leave more distance between your vehicle and the vehicle ahead.



Your visibility is limited-*drive slower!*

- Be observant. Visibility is often limited in winter making it hard to see snow plows or stopped cars.
- If broken down stay with vehicle. Conserve fuel & maintain warmth. Be aware of monoxide poisoning risk.

Chain Controls:

- You must stop and put chains on your tires when highway signs say "chains required" or you risk being fined by the California Highway Patrol or being told to turn around.
- When finding a place to put on chains, do not stop in a traffic lane where you will endanger yourself and block traffic wait until you can pull completely off the roadway to the right, usually at chain pullout locations.
- The speed limit when chains are required is 25 or 30 miles an hour.
- Chain Installers: If you use the services of a chain installer, always get a receipt and write the installer's badge number on it. Remember, chain installers are independent business people, not Caltrans employees. Chain installers are NOT allowed to sell or rent chains.
- During your return drive home, once you pass the "End of Chain Control" sign, you can pull off the road to a safe area to remove them.



Some material obtained from the California Department of Transportation

DeCarli, J (2009)